Appomattox Middle School students who were winners in the American History Dress-Up Contest on October 12, 1979 were (left to right) Cathy Robertson, Lisa Coleman, Tracey Trent, James Bohannon, Elizabeth Saunders, J. C. Rogers, Sonny Caldwell, Beth Granato, Vicky Hamlett, and Mrs. Linda Campbell.

AMS Students Celebrate American History Day

On Friday, October 12, 1979, Appomattox Middle School celebrated American History Day. Abraham Lincoln, Cyrus McCormick, John Wayne, and Clara Barton were some of the famous Americans who "visited our school" for the day. The students and teachers portraiting these distinguished Americans were recognized during a student assembly in which Mrs. Whately's English students reenacted the discovery of America by Columbus and the early settlement of our own Appomattox County.

Why Test Your Soil?

[10 Good Reasons to Test Your Soil

Soil testing is again being actively promoted this fall by extension agents, fertilizer dealers, agronomists, and other workers in the agricultural industry. Why the concerted effort to test soil? Here are 10 good reasons:

1. Determine fertilizer needs. A soil test indicates which nutrients are limiting in the soil and tells how much fertilizer is needed for optimum yields. It takes the guesswork out of fertilizing.

2. Determine lime needs. A soil test also indicates whether or not lime is needed and, if so, how much. If a soil is too acid and is not limed, yields will be low no matter how much fertilizer is applied. Fertilizing when the soil is too acid is a waste of money! By the same token, applying lime indiscriminately (ie. without a soil test; may reduce crop yields.

3. Save money. Soil testing helps prevent overapplication of fertilizer, which not only reduces profits but which can be a potential source of pollution. In this time of greater ecological awareness, it pays in more ways than one to test your soil.

4. Utilize agricultural research. Appreciable amounts of money are spent each year on agricultural research to improve food and fiber production in the United States. This research is conducted by land-grant colleges (such as VUP&SU) and USDA experiment stations across the country. This money can be utilized very effectively by taking advantage of soil testing, where recommendations are based on sound research.

5. Determine type of lime material needed. Soil testing, by measuring the levels of calcium and magnesium in the soil, provides information on the type of lime material needed for optimum growth. For example, if a soil is low in magnesium, a dolomitic limestone (which is high in magnesium) will be recommended.

6. Detect potential minor element needs. For certain crops and in certain areas in Virginia, one or more minor or trace elements have been found to be deficient in soils and will hold back yields if not applied. Testing for these potentially deficient trace elements will insure that they will not limit yields.

7. Identify causes of poor crop growth. Soil testing helps determine if problem areas in fields where crops are growing abnormally are the result of an imbalance in soil fertility. It is the quickest method of detecting soil fertility problems and, if fertility is not the problem, it at least has served to eliminate one potential source of the poor growth.

8. Determine necessary adjustments in herbicide application rate. Certain herbicides are held or "tied up" by organic matter in the soil and, because of this, a soil test for organic matter will provide information useful in determining the rate of these herbicides that will be required for optimum weed control. While the organic matter level of the soil changes very little over time for a given crop rotation, it is useful to have this test run once every five years or so.

9. Help reduce erosion losses. Soil testing, when used to detect areas of low fertility and provide fertilization and liming information will help to insure that plant cover is optimum, thereby reducing soil erosion losses.

10. Protects cropping investment. The cost of seed, machinery, labor, etc. adds to a sizeable investment in a crop production program today. With present low farm prices, one cannot afford to gamble when fertilizing and liming. Soil testing protects your investment by insuring that your crop's fertility needs will be accurately met.

Soil testing is a useful, proven agronomic tool. Don't guess! Soil test! For more information, contact your local extension office.

PRIMARY MENU

Mon., Oct. 29, Beef stew, slaw, apple sauce, roll, butter, cookie, milk

Tues., Oct. 30, Pizza, tossed salad, fruit, chocolate pudding, milk.

Wed., Oct. 31 - Chicken pot pie, mashed potatoes, green beans, biscuit, butter, jello, milk.

Thurs., Nov. 1 - Fish, crisp cabbage, tater tots, corn bread, fruit, milk.

Friday, Nov. 2 - **No School.**

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Local Graduates From Nursing School

The Southside School of Practical Nursing held its commencement exercises on Sunday, September 9, 1979 at 4 p.m. at the Farmville Presbyterian Church.

Fourteen students received diplomas, long stemmed roses, and the Gideon white Bible. Of those 14, two of the graduates were from Appomattox. They are Cynthia Gail Bryant and Judy Bryant Watson.

Cynthia is a 1977 graduate of Appomattox County High School. She is now employed at Virginia Baptist Hospital in Lynchburg.

Judy is a 1976 graduate of Appomattox County High School and is presently unemployed.

The Graduates will take their state board of nursing test in October. Upon receiving a passing score, they will be Licensed Practical Nurses.

Heirloom Photograph Dat at Red Hill

For the second year the Patrick Henry Memorial Foundation will sponsor an Heirloom Photograph Day at Red Hill Shrine near Brookneal on Saturday, October 27, 1979.

Visitors may bring old photographs or portraits (or recent photographs) of family or relatives to the Patrick Henry Museum at Red Hill for negatives to be made on the spot. For best results, items to be copied should not have glass over them. Black and white or color negatives can be made. The reproduced copy will be available at Red Hill Shrine within 2 to 3 weeks where they may be picked up or, for a slight additional charge, mailed directly to your home.

Photographers will be accessible from 10-12 and 1-5. Please allow 15 minutes for each negative to be made.

For price information, please call Red Hill Shrine at 376-2044.

RUBBER STAMPS and Stamp Pads on sale at the **Times-Virginian**, Court Street, Phone 352-8215.

Mrs. George's 4-H Meeting

Mrs. George's class had a 4-H meeting Tuesday, October 16. The meeting began when Jeff Agee, our president told us to stand. Amy Shea and Georgie Jones led us in our pledges. Next our recreation leaders led us in a game called Fotur Corners and a song called 4-H spirit. Next Kathy Beasley read the minutes of the last meeting. After that, Scott Dawson, our vice president turned the meeting over to Mr. Sweet and Mrs. Chilton. Mr. Sweet showed us some 4-H projects that we could select. We also saw slides on Share-the-Fun.

Then the meeting was adjourned.

Mary Beth Drinkard
Reporter

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Then And Now

By Frances H. Paulette

Prescription: Hope

Scrambling to her feet, the woman, small of statue, laughed to herself. She had fallen down again.....and for no apparent reason. Imagine that!

"Poor Clumsy Me", she sighed to herself, but somewhere in the back of her mind was the thought, 'That fall wasn't the result of clumsiness.'

Nadine Fonton Carson, born and reared in Nelson County, fell again and again. She couldn't understand why she fell so easily, she would just get up and try again.

Nadine had always been a hard worker, first working for the Virginia Arts and Crafts in Lynchburg. Later, after her marriage to A. Burton Garson of Appomattox County she began working for the Appomattox Garment Company and remained there until her forced retirement in 1967 because of physical disability. She had worked for the garment company for 18 years.

For a good many years following her falls Nadine went to doctors in Lynchburg. Tests, treatments, and discouragement soon became a part of her life. Then 1971 her Lynchburg doctors sent her to Charlottesville. It was during her stay there that she learned the truth...she had Muscular Dystrophy. She hadn't wanted to go to Charlottesville in the first place, and now she wished with all her heart she had not gone. She didn't want to face what she knew was ahead.

There were so many tests and so much medication at the hospital in Charlottesville that Nadine began to swell and at times she couldn't even talk. When she came home she declared she wouldn't return, but the doctors kept insisting that it was necessary. She made the trip once a week for nearly two months until finally it was too much. She couldn't, in spite of what the doctors said, make another trip. After all, they had told her she would soon be in a wheel chair and that there was no hope for improvement. So why, she reasoned, should she have to put herself through the misery of still other trips. She was so discouraged she felt like giving up. In fact, she almost did, but she didn't.

Instead of giving in to the pain and making the predictions of the Charlottesville doctors come true, Nadine chose another doctor.

A great many people live and die and never really make much of an impact on the lives of people with whom they come in contact. Others are remembered here and there for some good deed or other. The doctor that Nadine chose, Dr. Clyde G. O'Brien, is a man who is known and loved for his compassion and understanding of the needs of people of all kinds and in all circumstance; he is a 'caring' man. She made a wise choice.

When Nadine and her husband visited **The Times-Virginian** and talked with me about her health problems and her doctor, she smiled continually even though she can only walk with a cane and the help of her husband at her side.

"They told me at Charlottesville that I would be in a wheel chair in just a little while and nothing could be done for me. They had nothing but discouragement for me. Dr. O'Brien has never been like that. He has never said that nothing could be done. Instead, 'Forget that stuff about the wheel chair, we'll see what we can do to help you. We'll cross each bridge as we get to it."

Nadine has fallen many times since the initial onset of Muscular Dystrophy, but has been fortunate in that she has only sustained three broken ribs. Each time she has a fall, Doctor O'Brien is there to give her whatever medication is necessary to help her condition. But, he gives her something more. He offers her hope, love, and encouragement and most of all the will to keep on trying.

Nadine, who has a brother and a younger sister with Muscular Dystrophy, (both are confined to wheelchairs), says, "Without Dr. O'Brien I just couldn't make it. Without his encouraging attitude and caring manner I would have given up long ago."

On their visit to **The Times-Virginian** Mr. and Mrs. Carson talked so much about how much Dr. O'Brien had done for them and is still doing for them. They asked me to write something of their story and a "thank-you" to Dr. O'Brien. Nadine was wondering just how to express her deep appreciation. To me, the very fact she IS able to walk and IS getting around when all the Charlottesville doctors said there was no hope is a tribute to his care of her. Not only the medication prescribed by Dr. O'Brien but the "other things" are telling the story of the hope and courage he has given this woman. Because of his attitude and caring manner she has the determination and strength to go on in spite of the Muscular Dystrophy.

Mr. Carson, though incapicated with a heart condition, kidney ailments and diabetes, helps his wife as much as he can. He was forced to retire on disability in 1974 but manages to have a small garden which he tends on his knees.

"I can look around me and see so many people who are worse off than we are," he said with a smile.

The Carsons, the parents of one daughter, Becky, and three grandchildren, are members of Salem United Methdoist Church; their faith is deep. They are a special couple in that, in spite of all their combined health problems they are concerned, not with themselves, but with expressing gratitude to someone who has done so much for them and is continuing to be such a help in so many ways.

Dr. O'Brien, it is my wish that you will consider this article a special "thank-you" from, not only the Carsons, but from the countless numbers of people to whom you have given more than medical attention. The gift of love, hope, courage, and the will to keep on trying.....They are the most beautiful gifts of all. May God richly bless you, Dr. O'Brien.

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Pamplin Eleme. School Menu

MONTH OF OCTOBER

Thursday, Oct. 25, Chicken Noodle Soup, peanut butter and jelly sandwith, celery stock, fruit and milk.

Friday, Oct. 26, Pizza, green beans, pears, cookie, potatoe chips and milk.

Monday, Oct. 29, Pork burgers, baked beans, apple sauce, cookie, biscuits and milk.

Tuesday, Oct. 30, Turkey, buttered corn, green peas, rolls, butter and milk.

Wednesday, Oct. 31., Chuckwagon, green beans, whipped potatoes, fruit w/jello, rolls, and milk.

Thursday, Nov. 1, Hot Dogs, french fries, slaw, fruit cocktail, and milk.

Friday, Nov. 2, Tomato Soup, Cheese Sandwich, potato chips, orange slices, and milk.

Bake-Off Contest Sponsored By Extension Homemakers

The first Bake-Off Contest for Historic Appomattox Railroad Festival held on Oct. 13-14 was sponsored by Appomattox County Extension Homemakers.

The "Best in Show" for decorated cakes in the Senior Division was awarded to Mrs. Louise Rosser, of Pamplin. Mrs. Rosser gave the cake to Extension Homemakers and chances were taken on it. $33.00 was made on the cake and the cake was won by Mrs. Frances Ballowe of Lynchburg, Va.

"Best in Show" for the Jr. Division, for decorated cakes was won by Michelle Romanac of Appomattox.

"Best in Show" award for breads in the Adult Division went to Beth Richardson of Pamplin.

The judges for the Bake-Off were Mrs. Irene Ellis and Miss Mary Hannah Jones, both of Buckingham County.

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Thursday— 7 P.M. to 10:00 P.M.
Friday— 7 P.M. to 10:00 P.M.
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ASK ABOUT OUR ALL-SKATE CLUB

VA Questions And Answers

Editor's Note: Following are representative questions answered daily by VA counselors. Full informatin is available at any VA office.

Q - I have moved to a new address. I have informed the post office of the change and have assurance my mail will be forwarded. Is there any additional action I must take to make sure I receive my VA checks at my new address?

A - You must also notify your VA regional office of your change of address as soon as possible.

Q - I have a disability rating of 30 percent and receive $121 a month. A friend has a 60 percent rating and receives $292. Why don't I receive half as much as he does?

A - The amount to be paid a veteran for a particular disability rating is set by law. These rates do not relate in an exact pro rata way to the 100 percent disability rate. The more disabled a veteran is, the heavier the impact on his employability. So the law provides proportionately more compensation to those with the most severe impairments.

Q - I bought a home with a GI loan after World War II and paid the loan off several years ago. I am now considering another loan and wonder if the old regulations limiting you to the purchase of conventional houses still apply.

A - Today's GI loan program is much more flexible. You may now buy mobile homes and condominiums with loans guaranteed by the VA.

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